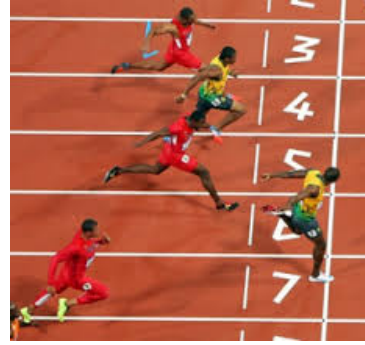


Veritas Summer Speed Agility and Jump Camps August 1st and 2nd

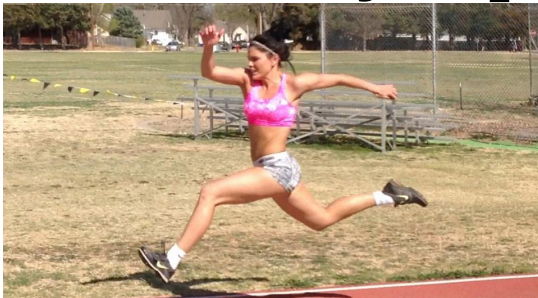
- We are honored to welcome back Fort Hays State University horizontal and vertical jumps coach, Ty Haas. Ty has experience coaching high school, college, professional, and international track athletes and is the brother of Veritas head track coach Travis Haas.
- We will offer a speed and agility clinic in conjunction with Volleyball and Football camp to teach Veritas athletes techniques and exercises to improve speed, coordination and agility. Trained agility enables an athlete to demonstrate movements such as fakes, cuts, jumps, hand and feet techniques that are essential components of all athletic competition. Improving these skillsets will give athletes a competitive advantage over athletes without these skills. Besides improved performance, sports agility is an important step in injury prevention. Many athletes are not aware that agility conditioning is a necessity for injury prevention. In addition, increasing speed and agility, athletes will learn specific ways to develop the strength, flexibility, and agility necessary to protect joints from injury.
- Camp times are scheduled to coordinate with football and volleyball camps being held the week of August 1st.
- There will be three camps (details below):
 1. Speed & Agility Camp - August 1st
 - Lawrence High School
 - 7:00 a.m. to 8:30 a.m.
 2. Horizontal Jumps Camp - August 1st
 - Lawrence High School
 - 7:00 p.m. to 8:30 p.m.
 3. High Jump Camp - August 2nd
 - Veritas Football Field (1470 N 1000 Road)
 - 7:00 am to 8:30 am
- Each camp is \$30.00 and open to athletes 6th through 12th grade. All skill levels are welcome.
- For planning purposes, please pre-register by July 30th with coach Travis Haas (travis.haas@outlook.com or 785-760-3274).
- Checks should be made payable to Ty Haas.

Speed and Agility Camp



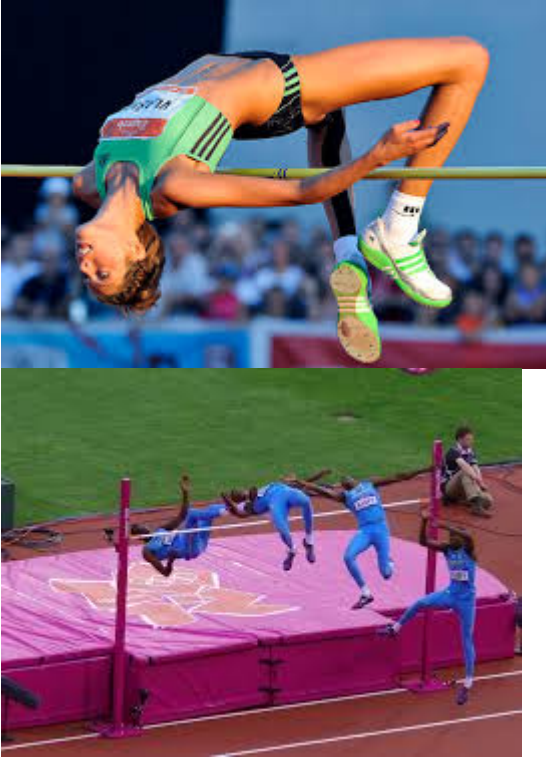
- Speed is a skill you can practice and improve.
- Skills such as acceleration, deceleration, and change of direction are critical to success in most sports. Strategies and techniques that will improve balance, explosiveness, reaction time, agility, and ultimately make you faster will be the focus of this camp.
- Camp is at the Lawrence High School football field on August 1st from 7:00 am – 8:30 am

Horizontal Jump Camp

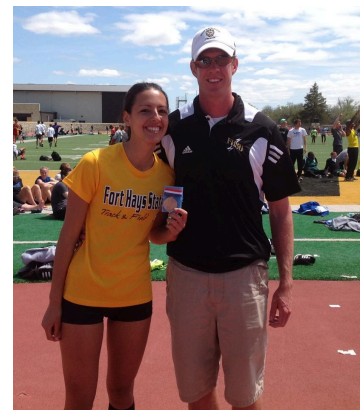


- Learn how to Long and Triple Jump from the best
- Ty Haas is highly regarded as one of the most versatile and knowledgeable jumps coaches in the region. He has coached for many years at the collegiate and high school levels. He has coached eight USTFCCCA All-Region team members, six NCAA meet participants, 32 national qualifying performances, and 36 All-MIAA athletes.
- Camp is at the Lawrence High School football field on August 1st from 7:00 p.m. – 8:30 p.m.

High Jump Camp



- Learn how to High Jump from the best. Ty is currently coaching Briar Ploude, a professional high jumper who—with a high jump of 7'2.5"—ranked as high as 16th in the world this year.
- Athletes will learn and practice basic approach and jumping.
- Space is limited so that Ty can work with each athlete and provide one-on-one instruction and specific feedback throughout the course of the clinic.
- Camp will be August 2nd from 7 a.m. – 8:30 a.m. at Veritas Football Field, 1470 N 1000 Road.
- Space is limited



Ty Haas Bio

Ty Haas Bio: Ty Haas begins his seventh season with the FHSU Tiger Track and Field Program. He oversees the horizontal and vertical jumps crews. Haas graduated from FHSU in 2005 with a degree in Education. He competed four years for the Tigers as a high jumper. He currently works full time at Holy Family Elementary School and was an assistant track coach at TMP-Marian High School for two seasons before joining the Tiger staff. While at TMP-Marian, he oversaw the sprinters and jumpers. His 2008 team earned Kansas Class 3A runner-up honors. He coached Kim Haberman to the best performances in the state, regardless of classification. She won five state titles under his tutelage. He coached a total of 11 all-state performers in two seasons at TMP-Marian. At FHSU, Haas coached Morgan Witzel to an MIAA Championship in 2009. Witzel and Danielle Berry also earned All-American honors under Haas' tutelage. He has also coached numerous all-conference and national qualifying performers. In all, Haas has coached eight USTFCCCA All-Region team members, six NCAA meet participants, 36 national qualifying performances, and 40 All-MIAA athletes. Haas has coached three international competitions for Gabriela Saravia. She competed at the 2011 Pan-American Games, 2013 South American Games, and 2013 Juegos Bolivarianos Games, where she placed third in the latter. She also established new Peruvian indoor national record in 2011 and 2014 while competing under Coach Haas. During the 2014 indoor and outdoor season, Haas coached professional athlete Josh Honeycutt. Honeycutt was ranked as high as 9th in the world in the triple jump during the outdoor season with a lifetime best of 55' 2 ³/₄." He also attained a new personal best in the long jump with a leap of 24' 6 ¹/₄". Honeycutt was 6th in both the USA indoor and outdoor national championships. Haas also coaches post collegiate athlete, Briar Ploude, who attained an outdoor personal best of 7'2.5" in the high jump, ranking as high as 16th in the world during the outdoor season. Ploude represented the United States at the Karlstad Grand Prix in Sweden this past summer. During the 2016 season, Haas began coaching post collegiate athlete Kaitlyn Davis. Davis holds the KCAC high jump record at 5' 7 ³/₄," which was attained competing at Bethany. Haas received a USTFCCCA technical certification in 2013. He resides in Hays with his wife, Jolene, a former Tiger sprinter, and their son Declan.